

Pico de Gallo

Rating: ★★★★★

Cook time: 20 minutes

Makes: 6 servings

Ingredients

2 cups tomatoes (chopped ripe)
1 1/2 cups onion (chopped)
1/3 cup cilantro (chopped, fresh)
3 jalapeno pepper (seeded and chopped)
2 tablespoons lime juice
2 garlic clove (minced)
1/4 teaspoon salt

Directions

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.

Notes

Use to season your family meals or serve with tortilla chips.

California Department of Health Services, Healthy Latino Recipes Made with LoveCalifornia Latino 5-A-Day Campaign

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	35	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	8 g	3%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	105 mg	4%